

## CLAIMS

1. A composition for use in the prevention or treatment of Inflammatory Bowel Disease comprising a therapeutically effective amount of a soluble fibre derivable from fruit of the *Musa* spp.
2. The composition according to claim 1 wherein the soluble fibre is derivable from an aqueous solution decantable from homogenised fruit.
3. The composition according to claim 1 or 2 wherein the soluble fibre is derived from boiling the fruit.
4. The composition according to claim 1, 2 or 3 wherein the soluble fibre is treated to remove starch.
5. The composition according to claim 4 wherein the starch is removed by enzyme digestion of the starch.
6. The composition according to any preceeding claim wherein the soluble fibre is derivable from the precipitate of an aqueous solution treated with ethanol.
7. The composition according to claim 6 wherein the aqueous solution is subjected to a precipitation step with 80% ethanol.
8. The composition according to any preceeding claim wherein the soluble fibre is obtained by:
  - (1) chopping fresh fruit and removing any skins and placing in an aqueous solution; or freeze-drying whole fruit (excluding skins), milling it and placing in an aqueous solution; or milling desicated fruit and placing it in an aqueous solution; or taking flour prepared from fruit and placing in an aqueous solution;

- (2) taking the solution from (1) and heating to gelatinise starch and disperse any starch granules;
- (3) cooling the heated solution (2) and hydrolysing with starch digesting enzymes to ensure all/most starch is removed;

optionally the solution (3) may then be precipitated and washed with 80% ethanol and centrifuged; the alcoholic supernatant is then discarded and the residue freeze-dried or spray-dried.

- 9 The composition according to claim 9 wherein the soluble fibre is obtained by:
  - (a) freeze-drying and milling skinned whole fruit;
  - (b) boiling the milled material to gelatinise any starch and disperse any starch granules;
  - (c) hydrolysing starch in the material with amylase;
  - (d) precipitating and washing the material with ethanol and freeze drying or spray drying to produce a residue; and
  - (e) reconstituting the freeze-dried or spray-dried residue, boiling and centrifuging;

wherein the supernatant from the centrifugation (e) comprises the soluble fibre.

10. The composition according to any preceding claim in powder form.
11. The composition according to claim 10 wherein the powder comprises the dried residue of claim 9(d) or the supernatant of claim 9(e) which is spray-dried or freeze-dried.
12. The composition according to any preceding claim further comprising at least one of flavouring, sugars, sweetener, anti-oxidants, minerals or vitamins.
13. The composition according to any preceding claim for the prevention or treatment of Crohn's Disease.
14. The composition according to any preceding claim wherein the soluble fibre is from fruit of the *Musa* spp.

15. A use of soluble fibre derivable from fruit of the *Musa* spp. for the manufacture of a medicament for the prevention or treatment of Inflammatory Bowel Disease.
16. The use according to claim 10 wherein the medicament is a composition according to any one of claims 1 - 14 in combination with a pharmaceutically acceptable carrier.
17. The use according to claim 15 or 16 wherein the medicament is a liquid, capsule or tablet for oral consumption
18. A method for the treatment of Inflammatory Bowel Disease comprising administering to a subject in need of such treatment a therapeutically effective amount of a soluble fibre derivable from fruit of the *Musa* spp.
19. A nutritional product for use in the prevention or treatment of Inflammatory Bowel Disease comprising a therapeutically effective amount of a soluble fibre derivable from fruit of the *Musa* spp.
20. A nutritional product according to claim 19 in the form of a beverage or drink.
21. The nutritional product according to claim 20 comprising between 1g/100ml and 30g/100ml of soluble fibre.
22. A nutritional product according to claim 19 in the form of a powder or powder mix.
23. A nutritional product according to claim 19 in the form of a food bar or other solid food stuff.